

Image Management In My Situation Chart

1a. Situation/Context:		2. Fear, Anxiety, Concerns:	3. Counterproductive Behaviors:
1b. Dreaded:	1c. Desired:		
1a. Situation/Context:		2. Fear, Anxiety, Concerns:	3. Counterproductive Behaviors:
1b. Desired:	1c. Dreaded:		

4a. Benefits:	5. Goals:	6. Practices:
4b. Costs:		
4a. Benefits:	5. Goals:	6. Practices:
4b. Costs:		